



Rugby English Active Learning

Rugby English Active Learning Programme

Say it, then play it!



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Say it, then play it!



Rugby English Active Learning

Welcome to the REAL Programme!

The objective of REAL programme is to encourage students' interest in learning English in a fun way – playing rugby in a safe and controlled environment! Not only will students learn more vocabulary outside their textbooks, their confidence in using English will also be boosted. Apart from learning English, students will learn about various skills and values through participating in the programme. Rugby is a team sport which emphasizes teamwork, cooperation, respect and discipline, etc. These skills are important both on and off the rugby field.

Mini Rugby

Mini rugby is a special version of the sport for youngsters aged under 12. It was first seen in Hong Kong at the Hong Kong Football Club in 1975. The first mini tournament at the famous international Hong Kong Sevens came in 1980, and by the 1990s there were over 1,200 players in 13 clubs.

Today, there are more than 4,000 boys and girls playing and enjoying mini rugby every Sunday at 20 clubs of Hong Kong (19 districts).

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Chapter 1: The values of the sport



Joe
the team's
captain, who
loved rugby



Little Bernie
insecure of his own
height and weight,
wanted to join the
rugby team



Nick
a short boy,
one of Joe's
teammates



Mr. Wu
Joe's coach

Joe loved rugby. He was the captain of the rugby team at school. Everyone loved Joe because he was a good player.

It was a new term and Joe's classmates wanted to join the rugby team. Most of them did not know much about rugby. They just wanted free tickets to attend the Hong Kong Sevens.

They gathered around Joe and asked him a lot of questions about rugby. Joe started to talk about the ethos of rugby. He said, 'This sport is mainly about discipline, respect and teamwork...' As Joe continued talking, some of the boys started to move away when they heard the word 'Discipline'. They just wanted to have fun and the free tickets to the Hong Kong Sevens.

'It is my dream to play rugby. Does size matter?' someone whispered. Everyone turned around to see who was asking this question. They started laughing when they saw Little Bernie at the door. Little Bernie was short and fat. No one wanted to be

Little Bernie's friend because he always picked his nose. 'You can't join the rugby team. You are too dirty and fat!' the boys laughed. Joe looked at his classmates and said, 'Laughing at someone is not a sign of respect.' Once the boys heard that, they were ashamed and stopped laughing.

Joe went up to Little Bernie. Joe said...

to be continued...

Questions about Chapter 1

1. What was Joe good at?
2. Why did the boys want to join the rugby team?
3. Why did Little Bernie want to join the rugby team?

Key Words

Listen to your teacher say the words. **Can you say them?**

pass

catch

touch

tackle

put (something) down

rugby ball

whistle

a try

tryline



Lesson 1 — Let's learn about Rugby!

Can you match the countries to the flags?



Australia



New Zealand



South Africa



England



Scotland



Wales



Ireland



Hong Kong, China



Fiji



Samoa

Ask your coaches...**Are you from Samoa?**

Try this at home!

Match the words to the pictures!

Score a try 



Pass the ball 



Catch the ball 



Tackle 



Chapter 2: Rules of the game



Joe said, 'Rugby is not about sizes or height. It is about teamwork. Do you want to watch me practise today?' Little Bernie could not hide his excitement and he said, Yes!

After school, Joe invited Little Bernie to meet Joe's teammates and his coach, Mr. Wu. Little Bernie noticed some of Joe's teammates were either tall or fit. Little Bernie was disappointed and thought to himself, 'I am so short and fat. I am not going to make it!'

As if he could read his mind, Mr. Wu said, Little Bernie, why don't you sit there and watch us play.' Little Bernie agreed and went to the stand.

As Little Bernie watched, Mr. Wu asked the teammates to form two teams. There were seven players in a team. Mr. Wu blew the whistle and Joe passed the ball to the shortest boy behind him.

The boy was short but he ran very fast. Meanwhile, the players from the other team tried to stop that boy. However, the boy was so fast that he crossed the try line and he touched the ball on the ground. Joe's team erupted with joy.

Little Bernie was impressed with that boy's performance. Though he was short, he made up for it with his speed. Little Bernie was impressed with Joe's group. All of them worked together as a team and they won the game.

to be continued...

Questions about Chapter 2

1. What did Joe do to Little Bernie?
2. Why was Little Bernie impressed with Joe's group?
3. What do you think Little Bernie would do?

Key Words

Listen to your teacher say the words. **Can you say them?**

run

look at

jump

touch

turn

forwards

sideline

backwards

left

right



Lesson 2 — Passing and Catching the ball

Use the words below to complete the rules.

rugby ball

pass (x2)

catch

whistle

a try

**put (something)
down**

tackle (x2)

tryline

Rules

1. We play with a rugby ball. It looks like an egg.
2. You need to _____ the ball to your team members.
3. You need to _____ the ball from your team members.
4. You _____ a player by touching them with both hands.
5. If you _____ a player they must _____ the ball.
6. The coach will use a _____ to stop and start the game.
7. When you score a point, it is called _____.
8. You score a try when you _____ the ball _____ behind the _____.

Try this at home!

What can you remember?

My coaches are called _____ and _____.

_____ is from _____.

_____ is from _____.

Can you remember anything else about your coaches?

.....

.....

Can you remember the rules of rugby?

You can't run outside the _____.

You must stop and _____ the ball if you are tackled.

You must _____ with both hands.

You must pass the ball _____.

Chapter 3: A famous player from Hong Kong

"Hey, do you want to join us for a game?" Mr Wu yelled from the field. Little Bernie was excited but he did not know what he could do to help. 'We are going to try fifteen players this time. Why don't you play beside Nick?' Mr. Wu told Little Bernie as he pointed to the short boy. Little Bernie said, "OK!"

When Mr. Wu blew the whistle, Little Bernie ran alongside Nick and listened to his teammate's advice. Nick was able to cross the try line many times with Little Bernie's help. And their team won the game.

That was great, Little Bernie!' Mr. Wu said, 'Every member is different and has his own strength and weakness. It is not about sizes or height, it is about what you can bring to the team. Let me give you a few examples. Do you see Nick? Nick was not too confident when he joined the team. He was afraid that he could not help the team because he was short and fat. He worked hard and he lost a lot of weight. He is short but he has made up for it with his strength!'

'And, Cado Lee is another example,' Mr. Wu continued as he pointed at the poster on the wall. Who is he?' Little Bernie asked quietly. That is Cado Lee and he is one of the best players in Hong Kong! He is not tall but he represented Hong Kong and won a gold medal of the 2018 Asian Games.'

Mr. Wu nodded and said, Don't let your weight and height discourage you, Little Bernie. From today's practice, I can tell you have potential.

Mr. Wu took out two tickets and said, 'Joe, the Hong Kong Sevens is next week. Take Little Bernie there and let him experience what rugby is about.' "Wow! Tickets to the Hong Kong Sevens! Thank you so much!' Joe and Little Bernie said excitedly.

Questions about Chapter 3

1. Who was Cado Lee? What did he do?
2. What did Mr. Wu give Joe?

Key Words

Listen to your teacher say the words. **Can you say them?**

Find

Change

Chest

Hands

Over here

Behind

Over there

Inside

Outside



Lesson 3 — Teamwork

There are **Six Premier League Teams** in Hong Kong.
Can you match the badges to the descriptions?



•

•

This is also the same badge they use to represent Hong Kong University. This is **HKU Sandy Bay**.



•

•

This is a lion standing up. It is the badge of **Hong Kong Scottish**.



•

•

An easy one, the **USRC Tigers**.



•

•

This one has a dragon and the date 1886. It is **Hong Kong Football Club**.



•

•

This one is easy. It says Kowloon RFC so this must be **Kowloon**.



•

•

This looks like a horse or a chess piece. This is **Valley RFC**.

Try this at home!

Rugby Table

	Pl	W	D	L	PF	PA	PD	Pts
1. Valley	15	11	1	3	404	254	150	53
2. Kowloon RFC	15	10	0	5	340	275	65	45
3. HK Scottish	15	9	0	6	352	336	16	43
4. HKFC	15	7	1	7	339	324	15	37
5. HKU Sandy Bay	15	3	1	11	321	444	-123	20
6. USRC Tigers	15	3	1	11	272	395	-123	18

PL: Played **W:** Wins **D:** Draws **L:** Losses **PF:** Points For **PA:** Points Against
PD: Points Difference **Pts:** Points

a) Which team was **top** of the league?

.....

b) Which team was at the **bottom** of the league?

.....

c) **How many games** did each of the teams play? (hint: PL)

.....

PD is **Point Difference**.

d) Which team had the **highest** point difference?

.....

e) Which team had the **lowest** point difference?

.....

Chapter 4: Hong Kong Sevens

On the day of the event, Little Bernie and Joe woke up early to dress up. Joe put on a Fiji rugby jersey to support his favourite team. Little Bernie put on a headband to support the Hong Kong team.

As they entered the Hong Kong Stadium, Little Bernie's eyes widened. The atmosphere inside the stadium was electrified. He saw colourful flags and dresses.

Everyone cheered loudly when the Hong Kong team entered the stadium. "Look! Ka Yan!" Little Bernie exclaimed as he pointed at the field.

Little Bernie and Joe watched excitedly as the Hong Kong team played with different teams around the world. The Hong Kong team played well in the tournament, and Little Bernie was impressed with Ka Yan's performance. Little Bernie noticed that all the players from around the world were different in sizes and height. Yet, their passion and the team spirit had made the competition more enjoyable.

After the event, Little Bernie had more confidence in himself and he joined the rugby team for a season. Though he was short and fat, he made up for it with his passion and his team work.

Questions about Chapter 4

1. Which was Joe's favourite team?
2. Which was Little Bernie's favourite team?
3. What did Little Bernie do after the event?
4. What do you know about rugby?



Key Words

Listen to your teacher say the words. **Can you say them?**

Pass the ball **backwards**

Turn **left** Turn **right**

Catch the ball with both hands

Tackle with both hands

Stay inside the sidelines

Don't go outside the sidelines



Lesson 4 — Let's Play Rugby!



Can you write about the scores?

 **24 – 20** 
Natixis **VS** HKU
HKFC **Sandy Bay**

HKFC beat HKU Sandy Bay by **four points**.

 **24 – 19** 
Bloomberg **VS** Borrelli Walsh
Scottish **USRC Tigers**

Scottish beat USRC Tigers by _____ points.

 **31 – 24** 
Societe Generale **VS** Kowloon
Valley

Kowloon lost to Valley by _____.

 **19 – 20** 
Kowloon **VS** HKU
Sandy Bay

HKU Sandy Bay _____
Kowloon _____
_____.



CADO LEE KA-TO



"I feel a magical sense of strength every time I run on to the field representing Hong Kong. Running on with my team mates, playing in front of thousands of spectators will always be a special moment for me."



"The Hong Kong Sevens brings together fans and player from different countries, making it one of the best events in the world! You can meet many people and learn about the different languages and cultures."

Honors

Gold Medal – 2018 Asian Games
Silver Medal – 2014 Asian Games
Gold Medal – 2023 Asian Games

CHONG KA YAN



"Most of my friends were shocked initially because they think I am a little small and thin for this sport. But I am stronger than I look, and faster too."



"My favorite part about the Hong Kong Sevens is the exciting and lively atmosphere. The cheer and support from the audience boost my confidence and spur me on to do my best."



Honors

3rd Place – 2019 Asian Sevens Series
Bronze Medal – 2023 Asian Games

Rugby Rules & Basics

	No. of Players	Duration of a Match	Aspects of Appreciation
Rugby Fifteens	15	40 minutes / half	More about Power and Tactics
Rugby Seven	7	7 minutes / half	Fast-paced and Higher Score Rate

Points Score

Try/Conversion

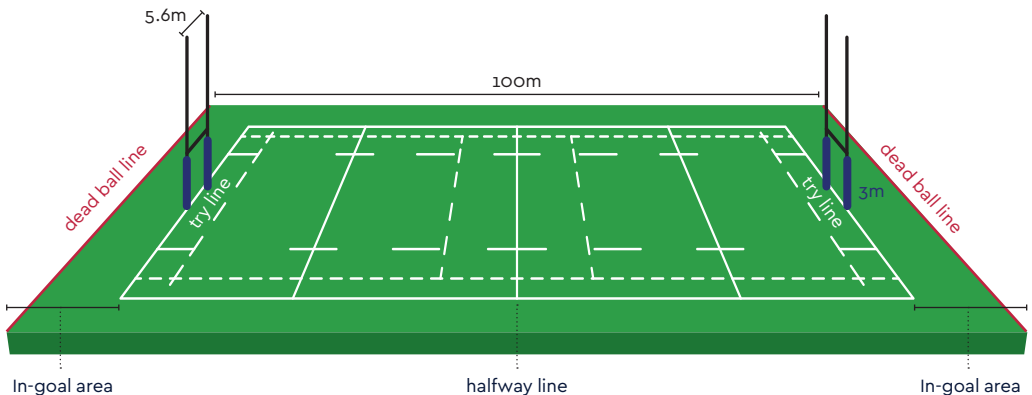
A try is **scored (5 points)** when the ball is grounded over the opponents' goal-line in the in-goal area. After scoring a try, that team can attempt a conversion kick to score **two more points**.

Penalty

The team awards a penalty kick following an infringement by the opponents. **Three points** would be awarded by kicking the ball over the cross bar in between the posts.

Drop Goal

A player scores a dropped goal by kicking a goal from a drop-kick in open play. **Three points** would be awarded by kicking the ball over the cross bar in between the posts.





Line out

When a player of either side carries the ball out of play, the team in advantage may gain possession of the ball from a line out. Forwards from both sides then form two respective straight lines to contest possession of the ball when the player from the team in advantage throws the ball from the line of touch.



Passing

The ball carrier may run freely. However, the ball carrier must pass it backward (to his/her own goal line) when passing the ball.



Scrum

The referee will award a scrum whenever the ball is passed forward or dropped in the front. Forwards from both sides are then tasked to form a scrum.



Maul (left) & Ruck (right)

A maul occurs when two competing teams contest the ball or when the ball-carrying team is planning an attack in an organised way, and the ball carrier is on his/her feet and his/her teammates are binding on for support and moving forward. A ruck occurs when the ball carrier falls on the ground and his/her teammates jump over him/her and push away the opponents.



Tackle

It means stopping the attacking player from moving forward by tackling him/her below the line of his/her shoulders.

Try this at home!

The Story of Little Bernie – Draw the storyboard based on the words given.

Joe talks about rugby.

Little Bernie tells Joe he wants to play rugby.

Joe tells Bernie what rugby is about.

Bernie watches a rugby match.

Nick scores a try.

Little Bernie plays rugby.

Mr. Wu talks to Bernie

Mr. Wu gives Bernie tickets to the

Bernie dresses up for the Sevens.

Bernie and Joe watch the Sevens.

Base Words

slow



fast



legs



shoulders



head up



push up



referee



pitch



kick



communication



teamwork



tackle / touch



run



walk



teammate



1

2

3

4

5

6

7

8

9

10

Additional Words

hello



goodbye



stop



go



left



right



up



down



water



front



back



catch



hands up



pass



scores



try

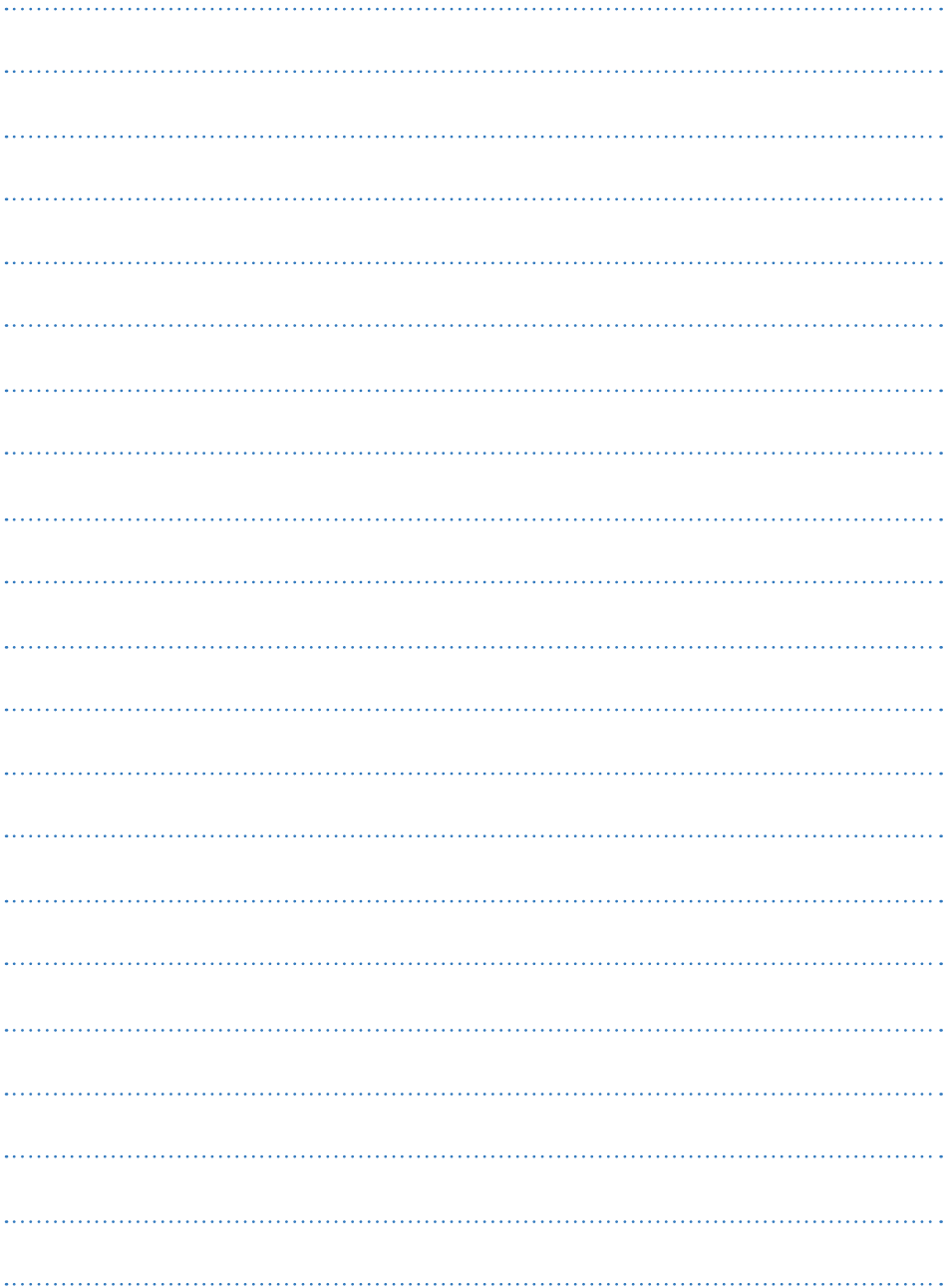


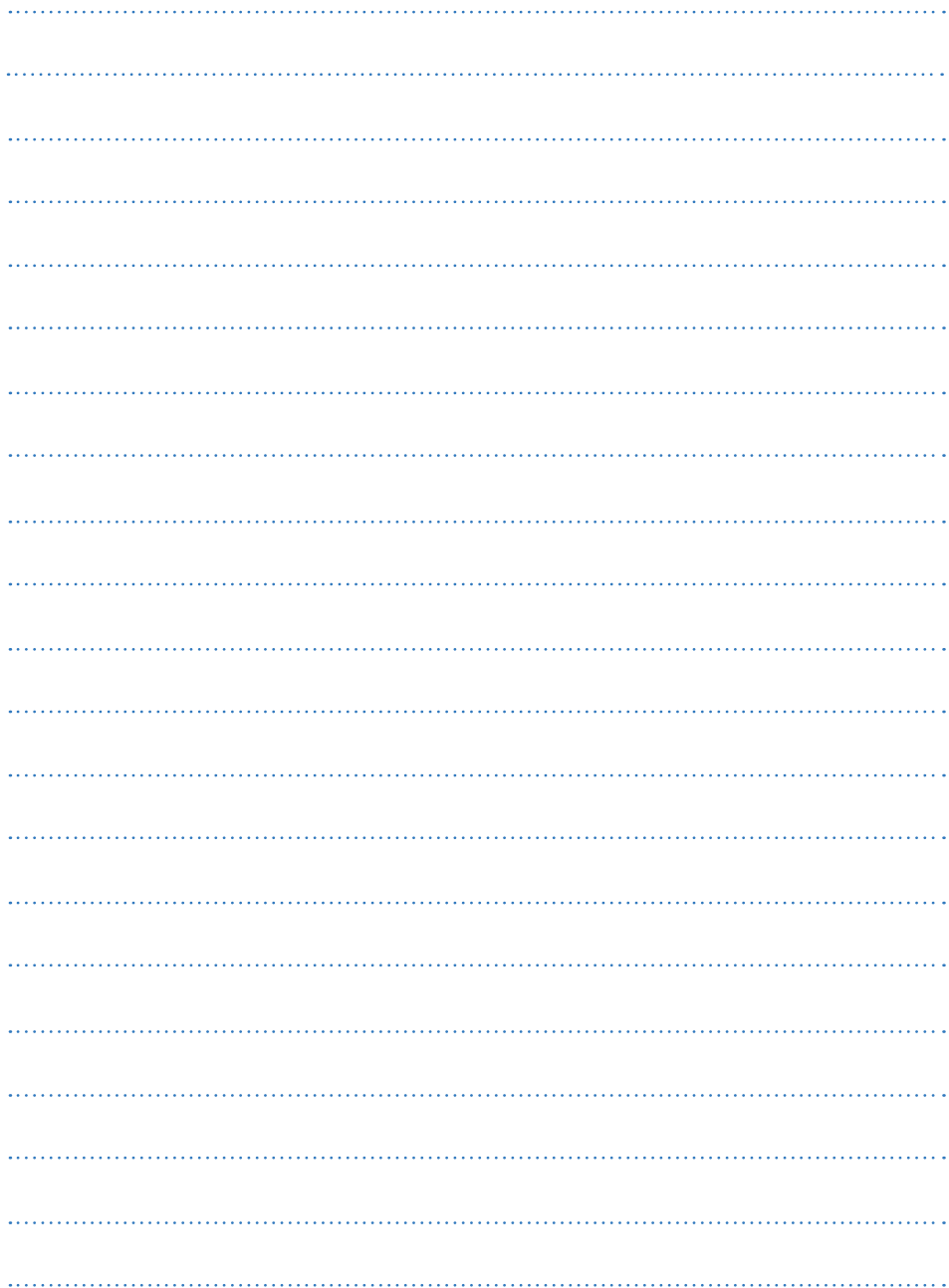
stand up



sit down









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